

Medi Spa
Welcome to May



May is such a refreshing month. The excitement in May is unlike any other during the year. If you have kids, the end of school is likely on your mind. But the longer daylight, blooming flowers and unofficial kickoff to summer with Memorial Day make May a month of anticipation. After all, the joy of anticipation is one of the best feelings to experience.

If you are eager for an upcoming wedding, bridal shower, a vacation, a fun night out or another lively event, we are here to prepare you and share in that joy with you. See you soon!

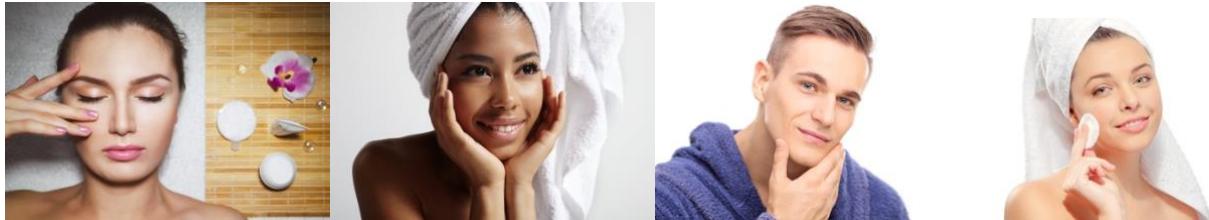
Treatments Featured this Month

Feeling Dehydrated?

Try a Hydrating Facial!

A hydrating facial is a refreshing treatment. Results are instant. This facial treatment removes dead skin cells, extracts impurities and hydrates skin with moisturizing serums. It can be tailored for all skin types.

Try it this month and receive a complimentary eye treatment.



Don't Know What To Give Mom?

Mother's Day Spa Gifts

If you're a gift-buying procrastinator like so many of us, we have you covered. The medi spa's Mother's Day promotion is the perfect choice for mom. Choose from any of the following:

- Purchase \$125 in gift cards, get a \$25 gift card free
- May be applied toward Botox/Filler, peels, etc. Purchase your card now!



Plump Up Your Face!

Facial Fillers That Make You Look Young Again

We offer several filler options.

Purchase a Filler package in the month of May and receive (triple loyalty points).



Product of the Month

Makeup

PRODUCT NAME skin care makeup has the highest quality ingredients to ensure the best performance and coverage. This makeup also ensures broad spectrum sun protection. Don't sabotage the progress you've made with your skin for a low-quality product with subpar ingredients.

Purchase the best makeup on the market, and we will gift you a complimentary brush!



Wedding Season Reserve Your Treatments Before The Big Day

Bride/Groom & Wedding Party

Look and feel your best! Reserve a few treatments in preparation of the big day. Client's pre-wedding favorites include, Botox, fillers, HydraFacial, laser hair removal, chemical peels, body contour and much more. **Reserve a consultation for the most ideal timeframe for your treatments prior to your wedding.**



3 Things You Should Know About Spider Veins



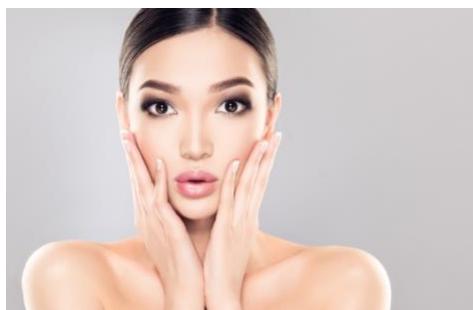
Whatever your age, spider veins are a frustrating concern. These veins are close to the surface of the skin and typically appear in a spider-like formation. They can appear in several places on the body, but most commonly we see them on the legs. Spider veins are caused by weakened valves within the veins. Blood pools and weakens the walls of the veins, causing an outward appearance of spider veins.

Although spider veins are usually harmless blemishes on the skin, they can sometimes cause pain and are an unsightly bother. The good news? You can easily have them removed with a spider vein treatment. If you're considering treatment, there are a few things you should know about those pesky veins on your skin:

1. Spider veins are more likely to occur as you age, although they can appear at any time.
2. There are several common causes of spider veins:
 - Hormonal changes such as puberty, pregnancy and menopause
 - Drugs containing hormones, such as birth control pills or hormone replacement drugs. For this reason, women are more likely than men to develop spider veins.
 - Being overweight or obese
 - Standing for long periods, usually for work
 - Too much sun exposure or ultraviolet light exposure
 - Injury or trauma to an area
 - Genetics
3. Spider veins and varicose veins are not the same, and spider veins do not cause varicose veins. While spider veins are close to the surface, varicose veins have a bulging, ropy appearance. Both can and should be treated, if not simply for peace of mind.

Instead of covering up those legs, reserve a consultation to explore treatment options. We will have you back in shorts before the summer sun sets!

Give Your Face a Boost Before Summer!



Your skin is constantly affected by many environmental factors, natural aging and genetics. Facial renewals are a unique skin rejuvenation treatment that can address all types of skin concerns. The minimally invasive treatment cleanses, exfoliates and removes dead skin cells, followed by a serum

infusion customized to your skin. We love this treatment because it requires no downtime and provides long-term results.

Facial renewals address the following skin concerns:

- Wrinkles and fine lines
- Skin texture
- Firmness and elasticity
- Brown spots
- Enlarged pores
- Uneven tone and dullness
- Oily skin and blackheads

Facial renewals are a great option if you're looking to resolve several skin concerns without the recovery time needed for more abrasive treatments. Call us to reserve your visit!

May Inspiration. A highlight of products and things we love this month.



(These can be personalized or use suggestions)

Product We Love: Sunscreen (Brand you sell here)



All sunscreens are not created equal. Find a sunscreen with at least SPF 30, but also look at the ingredients. You want to find a sunscreen that is chemical-free and zinc based. If you need a great sunscreen, stop by.

May Self-Care Tip: Write a Note to Yourself



Write a note to yourself, to remind you of something you're proud of or a good gesture you have made. Try jotting it on a Post-it, then stick it on your mirror so you'll see it every morning you wake up. Put it in your car, to calm you when traffic is stressful. You can write a new one every week or every month to keep it fresh. Fill your mind with positive thoughts!

Get Your 8 Hours of Sleep



May is Better Sleep Month, and emphasizes the importance of achieving refreshing sleep to stay healthy. If you're experiencing back or neck pain during sleep, position your pillows correctly! Sleep is crucial to physical, emotional and mental health, so we encourage you to revive yourself with better sleep!

May Recipe:

Grilled Shrimp Tacos with Avocado Salsa

By Jennifer Segal

Servings: 4

<https://www.onceuponachef.com/recipes/grilled-shrimp-tacos-with-avocado-salsa.html>



Ingredients:

For the Salsa

1 small shallot

1 jalapeno pepper, quartered and seeded

2 garlic cloves, peeled

1 tomato, seeded and chopped

1 avocado, peeled, seeded and cut into chunks
3/4 teaspoon salt
1 tablespoon fresh lime juice, from half a lime
1/4 cup loosely packed fresh cilantro leaves, coarsely chopped

For the Shrimp

1-1/2 tablespoons olive oil
1-1/2 teaspoons chili powder
1/2 teaspoon salt
Scant 1/8 teaspoon cayenne pepper
1-1/2 pounds large or extra-large shrimp, peeled and de-veined

For Assembling

8 - 10 six-inch corn or flour tortillas
Approximately 2 cups chopped red cabbage, for garnish (purchase it pre-chopped in a bag)
2 limes, cut into wedges, for garnish
Approximately 1 cup sour cream, for garnish

Instructions

Make the Salsa: Put the shallot, jalapeno and garlic in the bowl of a food processor and process until finely chopped (a mini food processor is best, but large will work, too). Transfer mixture to medium bowl. Add chopped tomatoes, avocado, salt, lime juice and cilantro and stir to combine. Set aside. (If not using right away, place a piece of saran wrap inside the bowl and directly over salsa to prevent discoloration and refrigerate.)

Make the Shrimp: Heat grill to medium. Meanwhile, mix the olive oil, chili powder, salt, cayenne pepper and shrimp in a large bowl. Stir until shrimp are evenly coated with seasoning. Grease grill with a wad of paper towels dipped in vegetable oil or non-flammable cooking spray. Place shrimp on grill and cook until just opaque, about 1-1/2 - 2 minutes per side. Cover to keep shrimp warm.

Grill the tortillas until warm and slightly charred, about 20 seconds per side. (Alternatively, heat tortillas in microwave according to package instructions.)

Spoon avocado salsa generously over warm tortillas, then top with 3 shrimp, red cabbage and dollops of sour cream. Serve tacos with lime wedges on the side.